



Why Breastfeeding Matters to Me

Every family has their own reasons.
Take a few moments to think about
what is important to you.

Small
conversations
make a big
difference!

What Draws Me to Breastfeeding?

Check the reasons that matter to you (add your own!).

- ☐ Supports my baby's and my health
- ☐ Helps me and my baby feel close and connected
- ☐ Provides good nutrition
- ☐ It's convenient and always available
- ☐ May help lower the risk of certain illnesses for me and my baby
- ☐ Supports my baby's healthy growth and development
- ☐ Can be calming for my baby
- ☐ It's better for the environment
- ☐ It aligns with my values
- ☐ Other: _____



What do I want to know more about?

Circle the topics you feel you want to learn more about
(or add your own).

How breastfeeding works

Nutrition

Benefits for my baby

Benefits for me

Positioning and latch

Overcoming challenges

Skin-to-skin contact

Support in my community

Expressing and storing milk

Partner and family support

Returning to work or school

Other: _____

A Note to Myself

Write a short message of encouragement to yourself.



My Local Resources

Write down a few local supports you would like to connect with.



One Small Step

What is one thing you can do this week to support
your breastfeeding journey?



Support today
brighter tomorrows.



A Gift for You and Me!

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Families
Communities
Stronger
Together

